

DAFTAR PUSTAKA

- Agus Mukholid. (2004). Pendidikan Jasmani dan Olahraga. Jakarta: Yudistira.
- Arjuna, Fatkurahman. (2016). Panduan Kesehatan Olahraga. Yogyakarta: UNY.
- Brooks, G. H. & Fahey, T. D. (1985). *Exercise Physiology Human Bioenergetics and Its Application*. New York: Mac Millan Publishing Company.
- Felten, D. L., & Shetty, A. N. (2010). *Netter's Atlas of Neuroscience* (2 ed.). Elsevier.
- Ganong, W. F. (1995). *Buku Ajar Fisiologi Kedokteran* (17 ed.).
- Guyton, A. C., & Hall, J. E. (2004). *Buku Ajar Fisiologi Kedokteran* (9 ed.).
- Halliwell, B. & Whiteman, M. 2004. Measuring Reactive Species and Oxidative Damage in Vivo and in Cell Culture: How Should You Do It and What Do The Results Mean? *Br J Pharmacol*, 142, 231-55.
- Klika, B., & Jordan, C. (2013). Retrieved January 2016, from American Collage of Sports Medicine:
https://www.hpoinstitute.com/sites/default/files/articles/ACSM_article_High_Intensity_Circuit_Training_Jordan_Klika_0.pd
- Lister, I. N. (2008). Pengaruh Latihan Aerobik Intensitas Ringan dan Sedang Terhadap Jumlah Trombosit Pada Remaja Putri di Universitas Prima Indonesia Tahun 2008. Medan: USU e-Repository.
- Moxey, F. C. (2000). *Anatomy and Physiology*. Retrieved 2016, from Profelis:
<http://www.profelis.org/index.html>
- NHLBI. (2015, October 29). *U.S. Departement of Health & Human Services*. Retrieved January 2016, from National Heart Lung and Blood Institute:
<http://www.nhlbi.nih.gov/health/health-topics/topics/phys>
- Quizlet. (2016). *Movement Disorders Cerebellum* (45). Retrieved from Movement Disorders Cerebellum (45): <http://Quizlet.com>

- Schoenfeld, B., & Dawes, J. (2016, January 13). Brad Schoenfeld, CSCS and Jay Dawes, MS, CSCS*D, NSCA-CPT*D. (M. A. Paul Sorace, Ed.) *High-Intensity Interval Training: Applications for General Fitness Training*.
- Schunke, M., Schulte, E., & Schumacher, U. (2013). *Atlas Anatomi Manusia Prometheus: Kepala, Leher, & Neuroanatomi* (3 ed.). EGC.
- SEO, F. M. (2015). *30 Day Fitness Challenges*. Retrieved from 30 Day Fitness Challenges: <http://30dayfitnesschallenges.com>
- Sherwood, L., 2013. *Human Physiology: From Cells to Systems*. 7th ed. Cengage Learning.
- Sridadi, & Sudarna. (2011, November). Pengaruh Circuit Training Terhadap Tingkat Kesegaran Jasmani Siswa Putra Kelas IV Dan V Sekolah Dasar Negeri Caturtunggal 3. *Jurnal Pendidikan Jasmani Indonesia*, 8, 100-105.
- Sudrajat, W. A., & Soertardji. (2014). Efek Pemberian Latihan Keseimbangan Dalam Mempertahankan Kemampuan Keseimbangan Manula Panti Wredha Rindang Asih 1 Ungaran. *Journal of Sport Sciences and Fitness*, 50-54.
- Sugar, P. (2016). *This 7-Minute Workout Helps Target Belly Fat and Build Muscle*. Retrieved from This 7-Minute Workout Helps Target Belly Fat and Build Muscle.
- Sujith, S. (2016). Physical Effects of Different Intensive Circuit Training on Selected Motor Fitness Physiological and Biochemical Statistics.
- UNUD. (n.d.). Retrieved Januari 2016, from http://www.pps.unud.ac.id/thesis/pdf_thesis/unud-786-1413682297-bab%20ii.pdf.
- USU. (n.d.). Retrieved 2016, from <https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=1&ved=0ahUKEwiy46r0ysbPAhXFpI8KHV2PCE0QFggeMAA&url=http%3A%2F%2Frepository.usu.ac.id%2Fbitstream%2F123456789%2F29056%2F4%2FChapter%2520II.pdf&usg=AFQjCNHhprRZ-zHwO-HQ4QrkFNG5wZn3A&cad=rja>
- WHO. (2015, January). Retrieved January 2016, from World Health Organization: www.who.int/mediacentre/factsheets/fs385/en/

Widiastuti. (2015). *Test Pengukuran dan Olahraga*. PT RajaGrafindo Persada, Jakarta.

